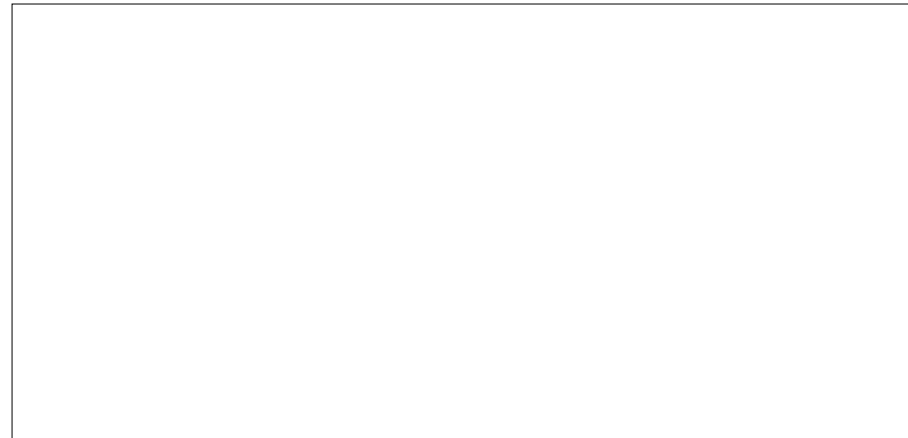




17950 SW 115th Ave
Tualatin, OR 97062

Stamp



Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Dir.: Randy Dickens
Wellness Director: Sally Campos
Wellness Director: Mara Campos-Chan
Wellness Director: Tiffany Mobley
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Dir.: Pat Margiotta
Life Enrichment Director: Anjee Thompson

Connect:

503-692-1748
info-tualatin@farmingtonsquare.com
www.farmingtonsquare-tualatin.com
[Facebook.com/farmingtonsquaretualatin](https://www.facebook.com/farmingtonsquaretualatin)

Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.



The Farmington Times

November 2021 Newsletter



2 Flu Prevention Steps
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes
7 Special Moments & Birthdays
8 Mission & Team

Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one's medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they're sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don't often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we're set up to stand up to this year's flu virus. We hope this information helps everyone navigate this year's flu season!

Follow your medical professional's advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments

November 11th is Veterans Day! It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!

Sandy: Nov. 20
Marjorie: Nov. 26

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

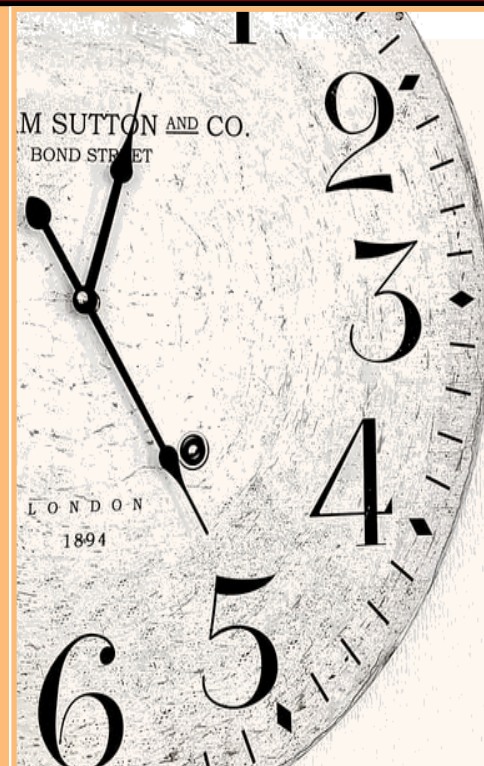
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- | | |
|--|---|
| 01 Calzone Day; Cinnamon Day | 16 Button Day; Fast Food Day |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day |
| 03 Sandwich Day; Stress Awareness Day | 18 Mickey's Birthday |
| 04 Candy Day; Men Make Dinner Day | 19 Monopoly Day; Intl. Men's Day |
| 05 Donut Day; Favorite Team Jersey Day | 20 Peanut Butter Fudge Day |
| 06 Nachos Day; Saxophone Day | 21 Gingerbread Cookie Day; Stuffing Day |
| 07 Bittersweet Almond Chocolate Day | 22 Cranberry Relish Day |
| 08 Cappuccino Day | 23 Espresso Day; Cranberry Day |
| 09 Louisiana Day; Scrapple Pork Day | 24 Sardines Day; Jukebox Day |
| 10 Vanilla Cupcake Day; Accounting Day | 25 Thanksgiving Day; Parfait Day |
| 11 Veterans' Day; Sundae Day | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day | 28 Hannukah Begins; French Toast Day |
| 14 Pickle Day; Spicy Guacamole Day | 29 Electronic Greetings Day |
| 15 Recycle Day; Raisin Bran Cereal Day | 30 Mason Jar Day; Mousse Day |

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT:

Judy

Judy has the brightest smile. It will light up a room and fill your heart with joy. She is a retired nurse and we believe she was great at it. Her gentle manner and loving way keep us smiling as well. She loves to dance to music, The Beatles and Jonny Cash are two of her favorites, but anything that has a good beat will make her boogie. She also love a funny joke and when she hears a funny joke smiles and laughs and makes everyone around her smile too. We're so glad you're here at Farmington Square Judy!



STAFF SPOTLIGHT:

Gabby

Gabby is a caregiver on our evening shift here. She always has a smile on her face and is always so gentle with the residents. Her cheerful attitude makes her so fun to work with. She is starting back to school soon and is studying to be a teacher. She hopes to teach high school and possible English as a second language classes. She says that working with her residents is so rewarding and that learning their stories is the best way to stay connected with them and what they need.

NOVEMBER 2021

Farmington Square Tualatin • Alpine • 17950 SW 115th Ave., Oregon 97062 • (503)692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	5 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
7 Daylight Saving Time Ends 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	10 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	11 Veterans Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	12 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	13 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
14 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	18 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	19 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
21 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	23 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	24 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	25 Thanks Giving 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	26 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
28 First Day of Advent 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	29 Hanukkah Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV				Happy Birthday! Sandy: Nov. 20 ^A Marjorie: Nov. 26 ^A

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>1</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 5:00 Dinner</div>	<div>2</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner</div>	<div>3</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner</div>	<div>4</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner</div>	<div>5</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner</div>	<div>6</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner</div>
<div>7 Daylight Saving Time Ends</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner</div>	<div>8</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 5:00 Dinner</div>	<div>9</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner</div>	<div>10</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner</div>	<div>11 Veterans day</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner</div>	<div>12</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner</div>	<div>13</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner</div>
<div>14</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV</div>	<div>15</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show</div>	<div>16</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV</div>	<div>17</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV</div>	<div>18 Mickey Mouse B-Day</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV</div>	<div>19</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV</div>	<div>20</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show</div>
<div>21</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV</div>	<div>22</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show</div>	<div>23</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV</div>	<div>24</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Write a Poem 4:00 Game Show 5:00 Dinner 6:00 Classic TV</div>	<div>25 Thanks Giving</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Walking Group 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV</div>	<div>26</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study 11:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV</div>	<div>27</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show</div>
<div>28 Advent Begins</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV</div>	<div>29 Hanukkah Begins</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show</div>	<div>30</div> <div>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV</div>				<div>Happy Birthday!</div> <div>Sandy: Nov. 20 ^A</div> <div>Marjorie: Nov. 26 ^A</div>

NOVEMBER 2021

Farmington Square Tualatin

Ponderosa

17950 SW 115th Ave., Oregon 97062

(503)692-1748

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Bible Study 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	5 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	6 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L	
	7 Daylight Saving Time Ends 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Church Service 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	10 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Bible Study 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	11 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	12 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	13 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
	14 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Church Service 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Bible Study 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	18 Mickey Mouse B-Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	19 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	20 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
	21 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Church Service 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	23 Puppy Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	24 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Bible Study 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	25 Thanks Giving 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	26 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	27 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
	28 Advent Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Church Service 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	29 Hanukkah Begins 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L 7:00 Movie				<div>Happy Birthday!</div> <div>Sandy: Nov. 20 A</div> <div>Marjorie: Nov. 26 A</div>